

Cobble Hill CSA

community supported agriculture 

Newsletter

www.cobblehillcsa.org

October 7, 2008

I'll be attending the Community Food Security Coalition's conference in New Jersey on Tuesday, so I'm putting the newsletter together this weekend. And that means I don't have Monday's veggie list to work off of for recipes, so I'm winging it this week.

From Farmer Bill's notes it looks like sweet potatoes are a good bet, and perhaps a few more summer squashes, and certainly some greens. Hope you enjoy!

—Amy Blankstein

Notes From Green Thumb Farm

Fall is officially here and our fall crops have begun to produce. We started harvesting our sweet potatoes last week and will start distributing them this week. All kinds of greens are coming in, including Broccoli Raab and arugulas soon. Lettuces of all types have returned. Cabbages and Brocolis will begin soon as well.

We still have a couple more weeks of beans--our squashes and eggplants are winding down. Peppers and large tomatoes seem to be finished due to all the rainy weather we had for days at a time--these crops went down hill very fast!

Turnips, winter radishes, celery roots and jerusalem artichokes; kales both red and green, collards, more carrots, beets and fennels all will be coming in this month and through November. Still lots of produce left so enjoy before the winter snows arrive--all too soon.

Organically Yours,

Farmer Bill

Red Hook Harvest Festival

Saturday, October 18th

Annual festival featuring foods from local restaurants, live music and performances, kids' activities, pumpkin patch, raffle & contests, Farmers' Market, and Farm tours. For more information, check their website, www.added-value.org/



Gowanus Harvest Festival

Saturday, October 11, the Yard is hosting a fall-themed celebration of Gowanus proportions. Come to the banks of the canal to enjoy farm fresh food, live music, local vendors, pumpkin carving contests, pony rides, delicious brews and other triumphs of sustainable urban living. 11am-9pm at The Yard- 388-400 Carroll St., Brooklyn. Advanced tickets \$10, Day of Show \$12 For more information check out www.theyard.ws/The_Yard/October11.html

Sweet Potato

The sweet potato is an excellent source of vitamin A; it's also a good source of potassium and contains vitamin C, vitamin B6, riboflavin, copper, pantothenic acid, and folic acid. The deeper its color, the higher its vitamin A content. Although the sweet potato contains more starch than the potato, its carbohydrate content is roughly the same.

The sweet potato is more fragile than the potato and should be handled with care. Stored in a cool, dark, well-ventilated place, it will keep from 7 to 10 days. Avoid storing it at temperatures about 60°F, as this will cause it to sprout or ferment and in some varieties the flesh may become woody. Although the sweet potato should not be stored in the refrigerator when raw, once cooked, it will keep for about a week in the refrigerator; it can also be frozen after being cooked.

Baked Sweet Potatoes

2 large sweet potatoes
2 tbsp olive oil
salt and ground pepper
1 tsp chopped parsley

Preheat oven to 350°F. Wash potatoes well under running water and drain well. Without peeling them, cut the sweet potatoes in half lengthwise. Place the potato halves in a baking dish (cut side up) and brush with the olive oil. Season with salt and pepper and sprinkle with the parsley. Bake for about 45 minutes.

Zucchini-Pear Soup

Still swimming in summer squash and wondering what to do with all of the pears you're getting in your fruit share or from the farmers' market? This recipe for Zucchini Pear Soup, which serves 4, from Mark Bittman's New York Times Bitten blog.

If you have an immersion blender, this is a good place for it as any. Home immersion blenders don't have the power to truly purée in the way standard upright blenders do, but putting just-off-the-boil soup in an upright is a tad dangerous. So cool the soup first, then purée. Then you have the option of serving the soup cold (if the weather is warm again, a perfect use), or reheating it.

3 tablespoons butter or extra virgin olive oil, or a combination
1 medium carrot, peeled and diced
1 medium onion, peeled and diced
1 medium potato, preferably high-starch ("russet" or "baking"), peeled and diced
1/2 teaspoon fresh thyme leaves, or a pinch of dried thyme
Salt and black pepper
4 medium zucchini, trimmed and diced
2 medium ripe (but still firm) pears, peeled, cored and diced
4 cups chicken or vegetable stock, or use water
Mint leaves for garnish (optional)

Put butter, oil or combination in a large skillet over medium heat; when butter melts or oil is hot, cook carrot, onion, potato and thyme with a healthy sprinkling of salt and pepper. Stir occasionally, adjusting heat so vegetables do not brown. When onion is softened, about 5 minutes, add zucchini and continue to cook until everything is tender, 10 to 15 minutes.

Add pear and cook until it has softened, about 5 minutes more. Add liquid and bring to a boil; taste and adjust seasoning. Cool mixture, then purée. Serve cold or reheat and serve hot, garnished with mint, if desired.

Hot Greens with Ginger, Soy and Sesame

You can use beet greens, mustard greens, spinach, or your greens of choice in this recipe from *Fresh Choices: More than 100 Easy Recipes for Pure Food When you Can't Buy 100% Organic*, by David Joachim and Rochelle Davis.

1 bunch (about 1 pound) beet greens or other cooking greens
1 tablespoon extra-virgin olive oil
2 cloves garlic, minced
2 teaspoons minced fresh ginger
1/4 teaspoon crushed red pepper flakes
1 tablespoon organic tamari or soy sauce
1/2 teaspoon toasted sesame oil
1 tablespoon sesame seeds, toasted

Cut the whole bunch of greens crosswise into 3-inch lengths. If using beet greens or another green with sturdy stems, set the stems aside.

Heat the olive oil in a deep, wide sauté pan over medium heat. When hot, add the stems and cook, stirring now and then, until they are just beginning to get tender yet still have good crunch, 2 to 3 minutes.

Add the greens, garlic, ginger, and pepper flakes. Cook and stir until the greens just begin to wilt, about 1 minute. Remove from the heat and stir in the tamari or soy sauce and sesame oil. When thoroughly incorporated, divide the greens among plates and top with the sesame seeds. Makes 4 small servings

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